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BOOK REVIEWS

IN CHARGE OF

M. E. CAMERON, R.N.

BEAUTY A DUTY. By Susanna Cocroft, Author of *What to Eat and When; Personal Hygiene, The Reading of Character Through Bodily Expression*, etc. Rand, McNally and Company, Chicago and New York. Price \$2.

The art of keeping young is the sub-title and theme of Miss Cocroft's book and this art becomes a serious proposition when viewed as a duty. Of course we all want to be thought younger than we are, since the Chinese alone of all people count it a compliment to be credited with many years, so, too, we all want to be beautiful, and if beauty and youth are to be snared and kept by any means under heaven the average woman is willing to get in line and avail herself of the instruction necessary to attain these qualities. Miss Cocroft is in a fair way to have many disciples who will eagerly and cheerfully do their duty when they are called to the development of attractiveness in themselves. They will not, however, be allowed to adopt easy and slipshod methods, cosmetics are taboo, false hair ditto, deficiencies or over development of figure are not to be hidden by "improvers," corsets, or any other device for misleading the eyes of the beholder. The complexion must be perfect, eyes, hair, teeth, lips, hands, feet, all must keep up the high standard.

If one is inclined to think that the author takes her subject a little too seriously one needs only to reflect that after all what the book preaches, and preaches convincingly, is personal hygiene. The seeker after beauty is not told any marvellous secrets nor given any wonderful prescriptions, she is taught along hygienic lines, which include diet, exercise, proper ablutions, right postures, breathing, and so on. Careful directions are given regarding the care of the hair, nails, complexion, etc., and in the course of these one gets a formula now and again, usually of innocent ingredients.

THE ELEMENTARY FORMS OF RELIGIOUS LIFE. By Emile Durkheim, Professor of the Faculty of Letters at the University of Paris. Translated from the French by Joseph Ward Swain, M.A. The Macmillan Co., New York. Price \$2.

By way of variety we offer the present volume as a most interesting and instructive study of religious sociology. The history of the human race has a fascination for its present members and no part of this history is more fascinating than the earliest forms of religious life. Wherever a unit of human society has existed the need for religion has declared itself, making a dividing line between things sacred and profane. These elementary forms of religion are still in existence among the aborigines of Australia and America—and would seem to grow out of the need of social control primarily, the rites and ceremonies which attach themselves to religion being of later outgrowth and expressive of the controlling spiritual power which primitive peoples worship in one form or another.

PRACTICAL DIETETICS WITH REFERENCE TO DIET IN DISEASE. By Alida Frances Pattee, Graduate, Department of Household Arts, State Normal School, Framingham, Mass. Late Instructor in Dietetics, Bellevue Training School for Nurses, Bellevue Hospital, New York City. Former Instructor at Mount Sinai, Hahnemann, and the Flower Hospital Training Schools for Nurses, New York City; Lakeside, St. Mary's, Trinity, and Wisconsin Training Schools for Nurses, Milwaukee, Wis.; St. Joseph's Hospital, Chicago, Ill.; St. Vincent de Paul Hospital, Brockville, Ontario, Canada. Tenth Edition. Revised and enlarged. A. F. Pattee, Publisher, Mount Vernon, New York, 1916. Price \$1.50.

Miss Pattee is to be commended for the diligence with which she keeps her book in line with the latest classification of food principles and nutritive values. The new tenth edition differs from its predecessors only in conforming to the latest additions to the subject.

A MANUAL OF PRACTICAL NURSING. Prepared for the Washington University Training School for Nurses in the Barnes and St. Louis Children's Hospital. Edited by Lillian Bridge, B.S., R.N., Assistant Superintendent and Instructor of Nurses, Washington University Training School for Nurses, St. Louis. C. V. Mosby Company, St. Louis. Price \$1.00.

This book contains the formulae for the routine of ward work day by day in hospital. It treats of things which can only be acquired by practical demonstration and the why and wherefore of its teaching is not explained. Probably it is meant as a reminder for those who have a faulty memory for detail in the execution of ward work.